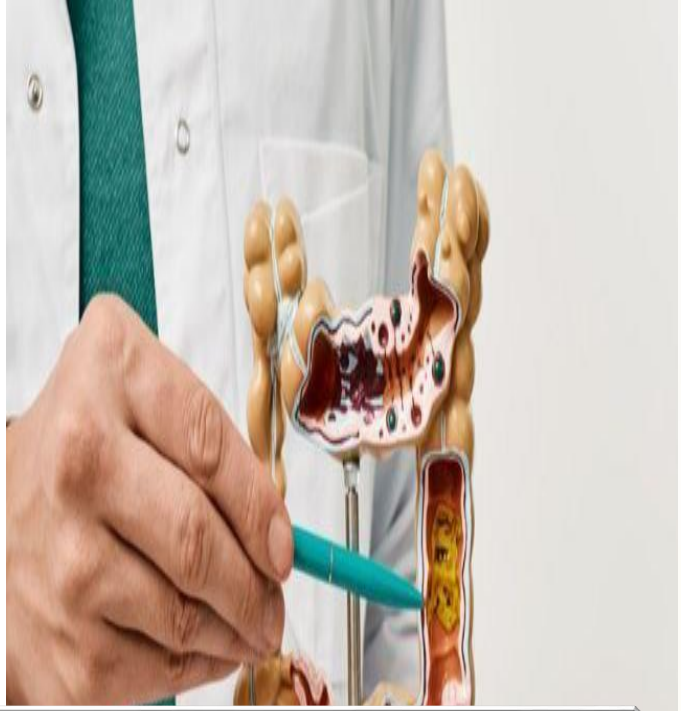
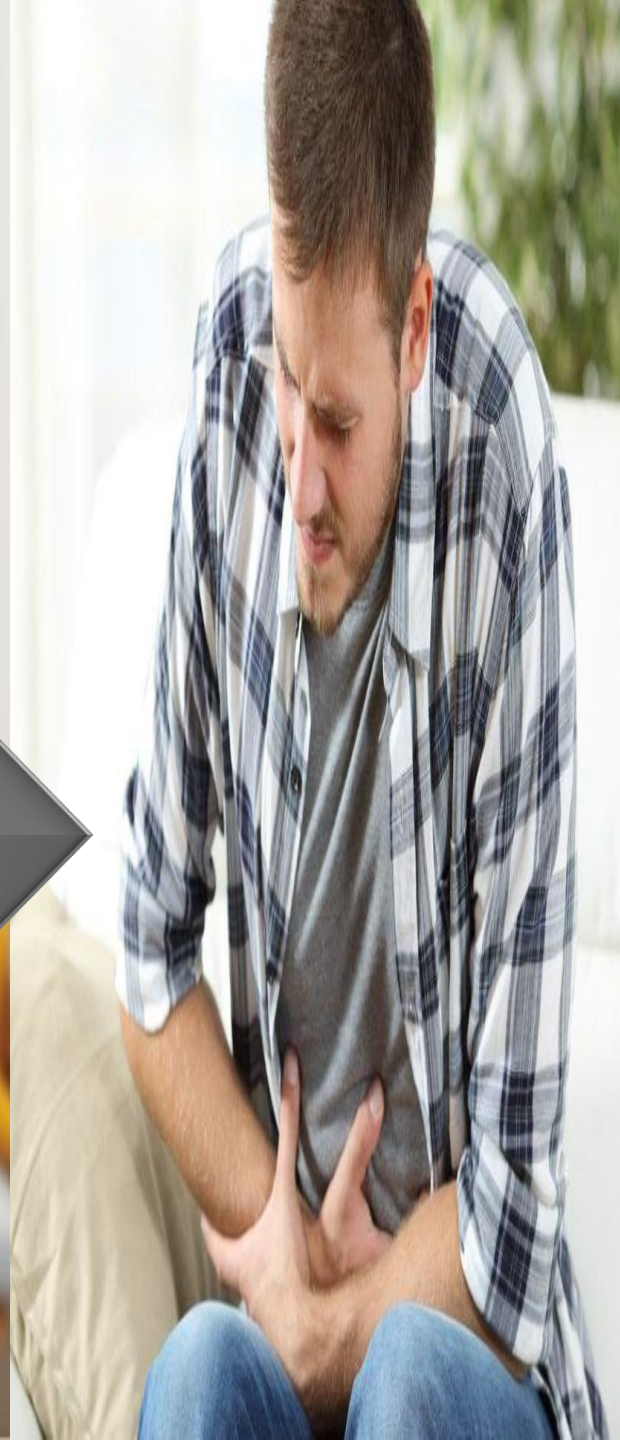
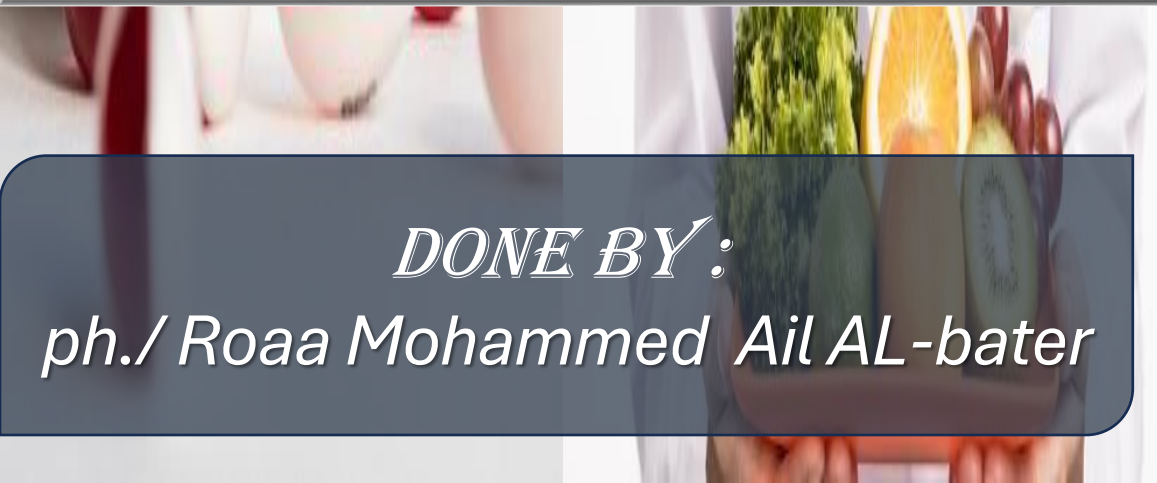
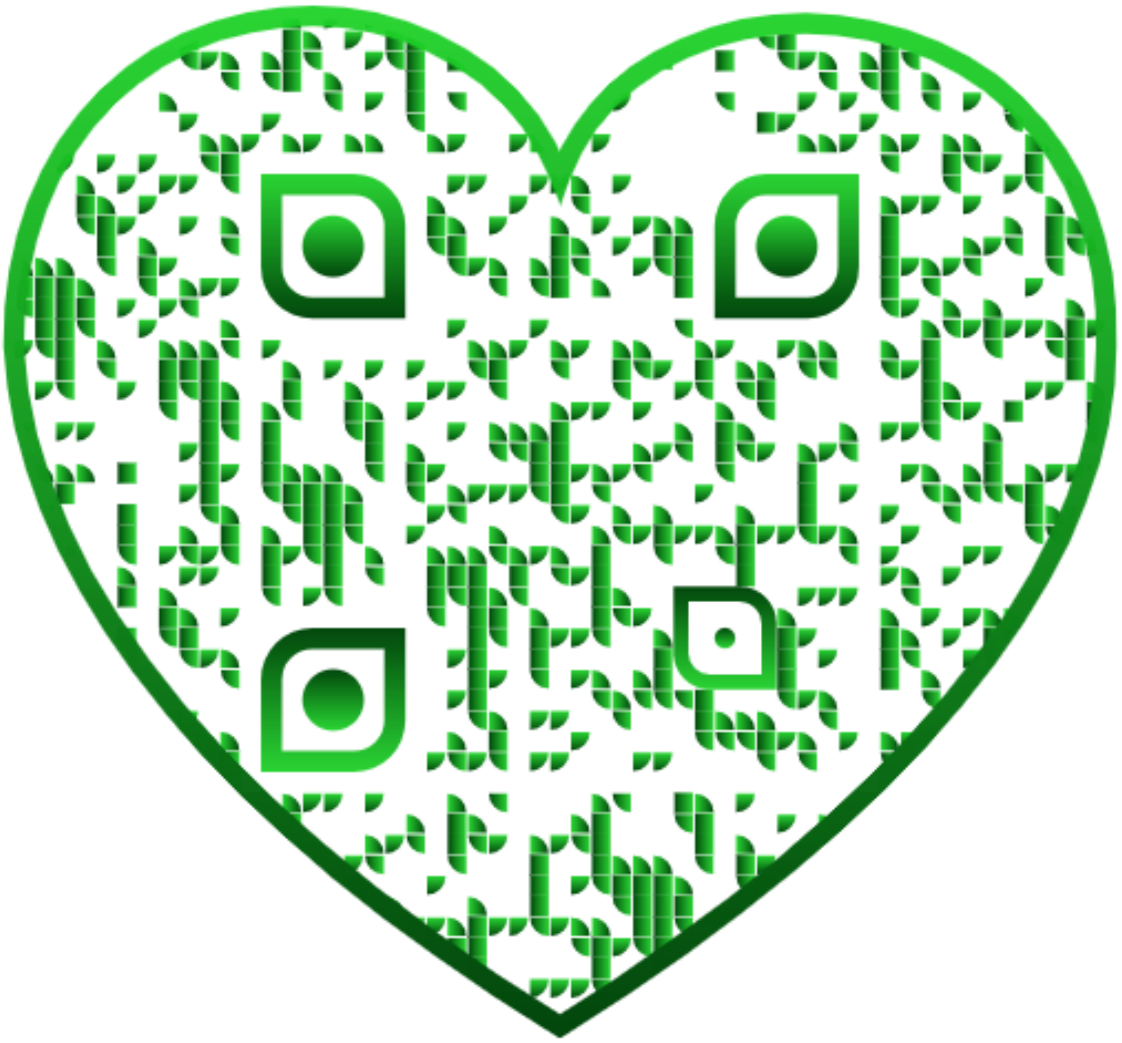




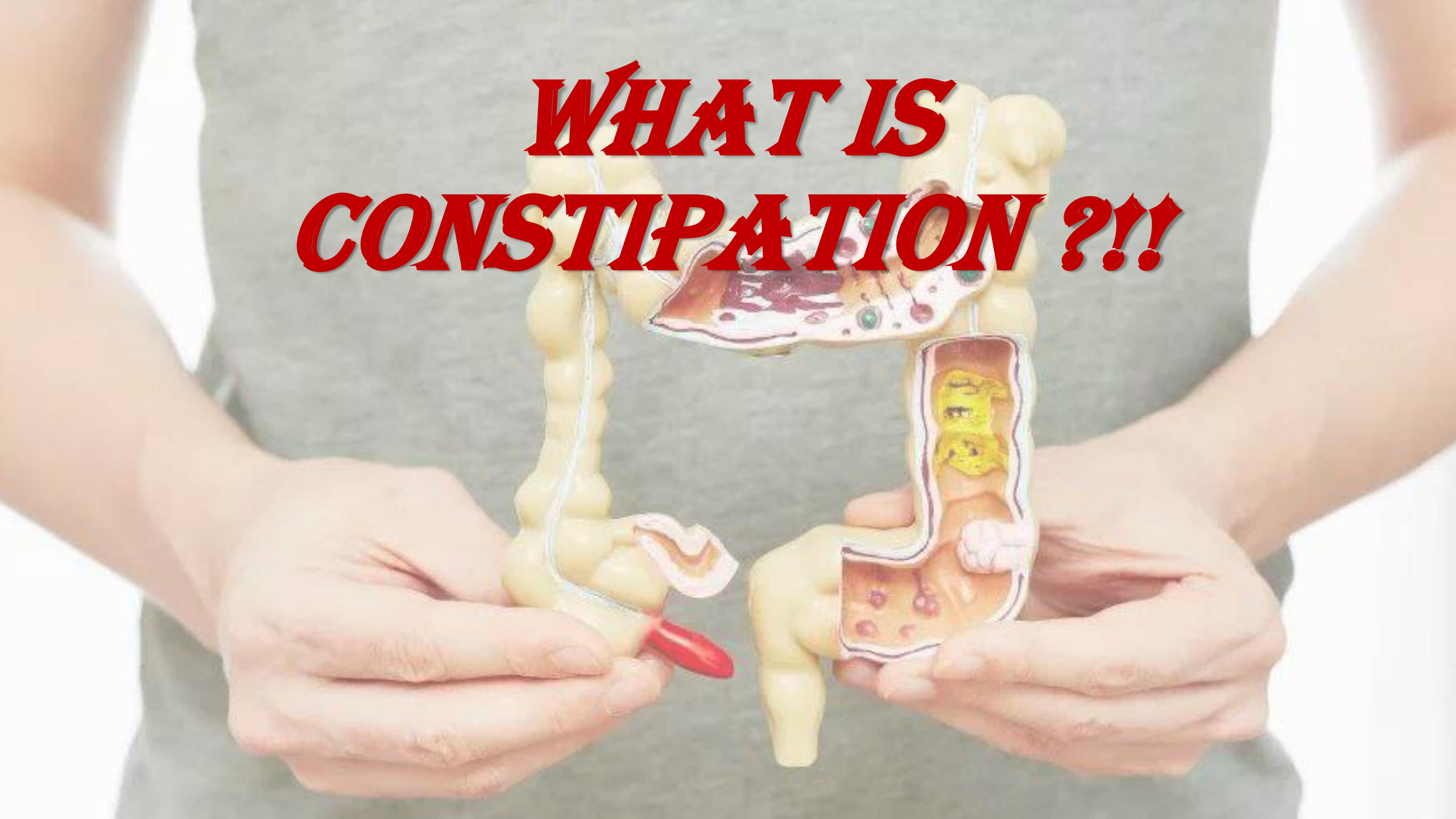
CONSTIPATION

DONE BY :

ph./ Roaa Mohammed Ail AL-bater



WHAT IS CONSTIPATION ?!!



COMMON CAUSE OF CONSTIPATION

- Chronic idiopathic constipation (CIC)
- pregnancy
- Lack of mobility
- tumar

NON PHARMACEUTICAL THERAPY

1. Increase fiber intake :

dut to promote regular bowel movements

2-Stay hydrated :

dut to drinking an adequate amount of fluids

3. Regular exercise:

dut to promoting bowel regularity. Aim for at least 30 minutes of moderate exercise daily.

4. Establish a routine:

dut to Regularly bowel movements

5. Relaxation techniques:

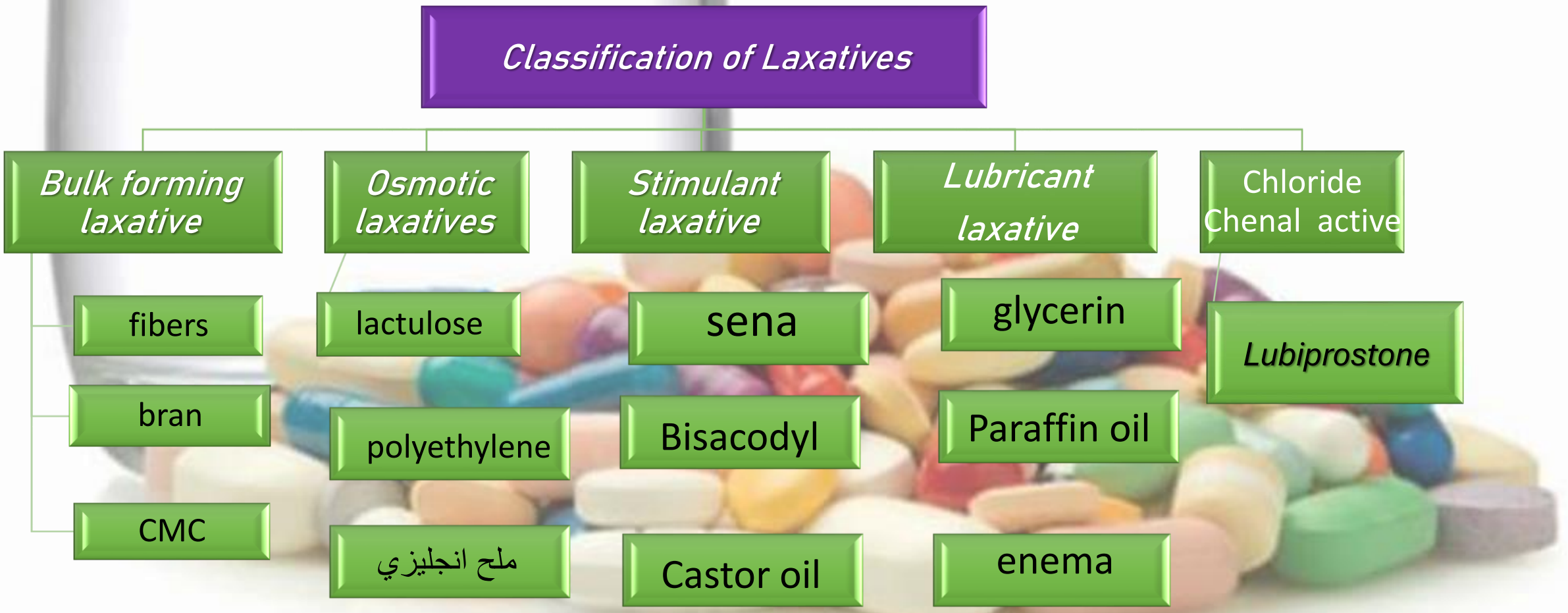
dut to Stress and anxiety can contribute to constipation.

6- decrease intake coffee and tea

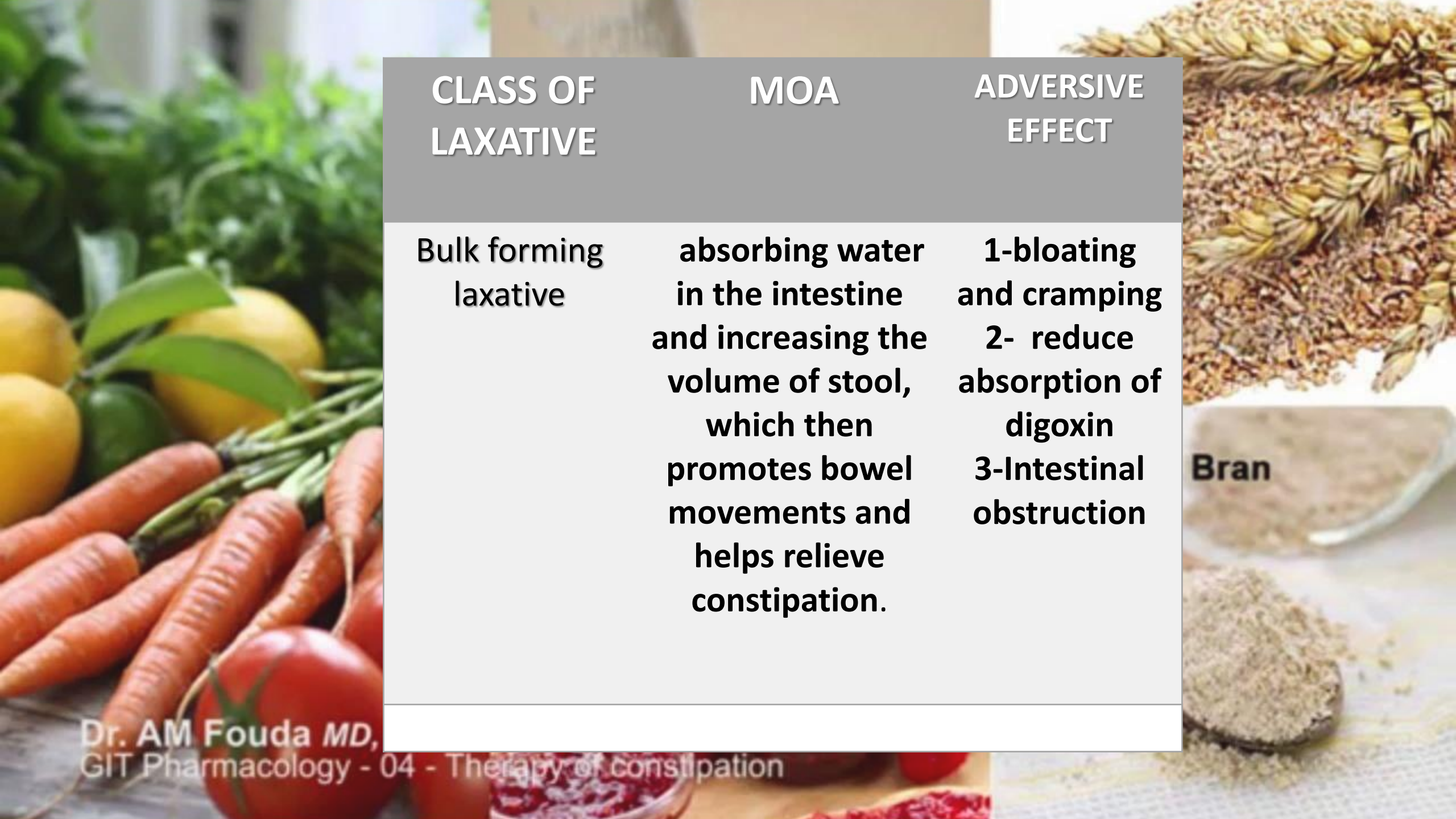
MOA of Constipation drugs

PHARMACEUTICAL THERAPY

(LAXATIVE)



CLASS OF LAXATIVE	MOA	ADVERSIVE EFFECT
Bulk forming laxative	absorbing water in the intestine and increasing the volume of stool, which then promotes bowel movements and helps relieve constipation.	1-bloating and cramping 2- reduce absorption of digoxin 3-Intestinal obstruction



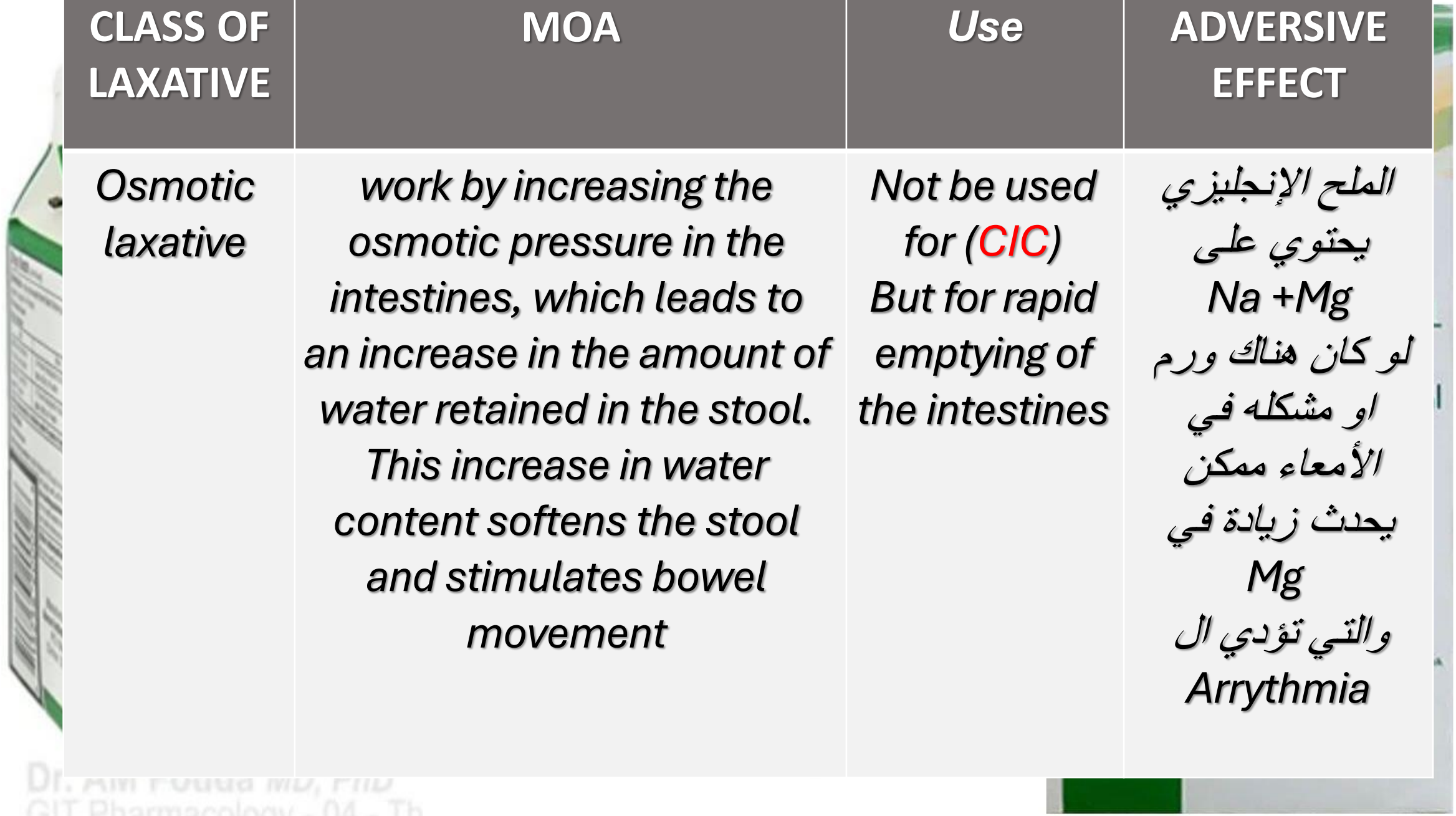
CLASS OF LAXATIVE	MOA	ADVERSIVE EFFECT
Stimulant laxative	*1- inactive the Na,K atapase* *2- increase intestinal irritant which lead to increase water*	*1-It should not be used by pregnant or breastfeeding women or during menstruation* *2-It should not be used by pregnant or breastfeeding women or during menstruation*

CLASS OF LAXATIVE	MOA	*Use*
Lubricant laxative	*work by providing a lubricating layer on the surface of the stool, making it easier for it to pass through the intestines. These laxatives contain substances like mineral oil or glycerin, which coat the stool and prevent water from being absorbed, helping to keep it soft and facilitate its movement*	*It is used in the case of hemorrhoids and anal fissures*

AMITIZA® (lubiprostone) Activates Intestinal CIC-2 Channels

CLASS OF LAXATIVE	MOA	*Use*
Chloride channel activation	*activation of specific chloride channels in the intestinal which leads to increased fluid secretion into the intestines*	Chronic idiopathic constipation (CIC)

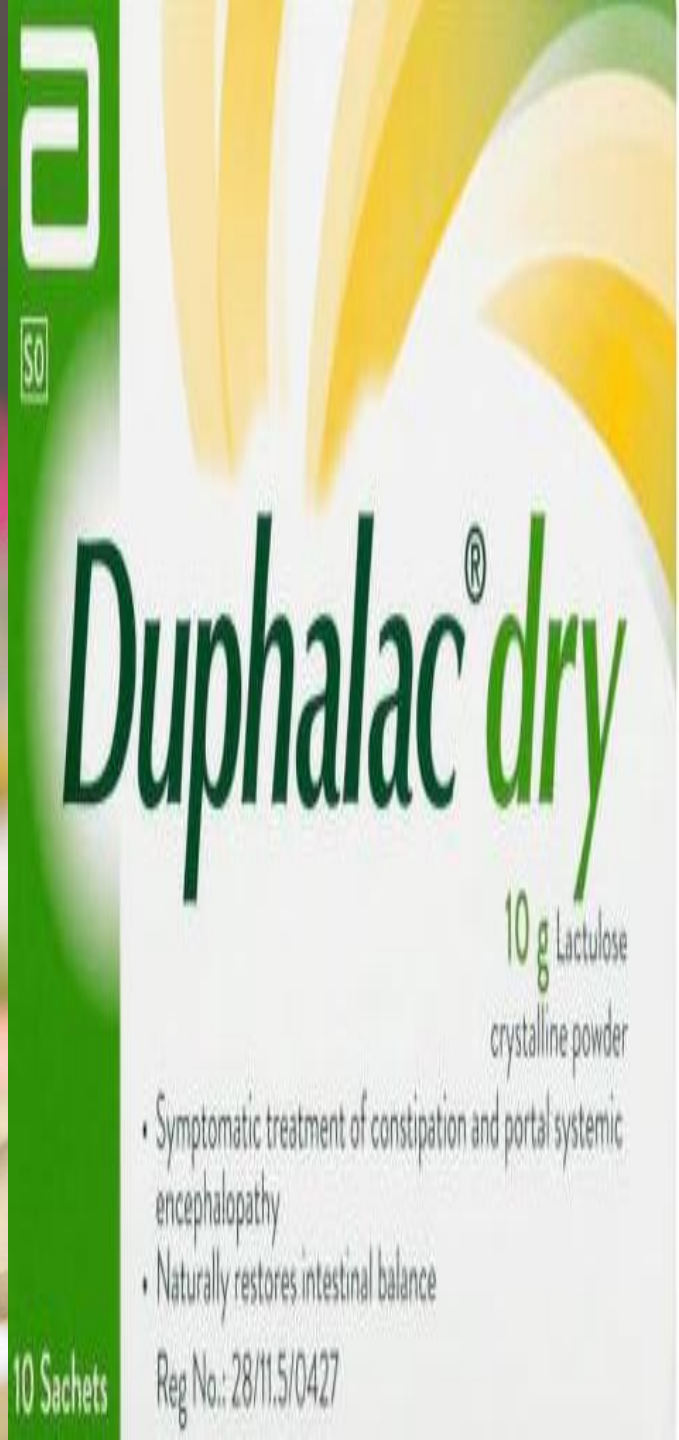
CLASS OF LAXATIVE	MOA	*Use*	ADVERSIVE EFFECT
Osmotic laxative	*work by increasing the osmotic pressure in the intestines, which leads to an increase in the amount of water retained in the stool. This increase in water content softens the stool and stimulates bowel movement*	*Not be used for (CIC) But for rapid emptying of the intestines*	*الملح الإنجليزي يحتوي على Na +Mg لو كان هناك ورم او مشكله في الأمعاء ممكن يحدث زيادة في Mg والتي تؤدي ال Arrythmia*



LAXATIVE MEDICIN (LACTULOSE)

DRUG (Brand Name)	Generic name	uses	contraindication
Duphalac	lactulose	1. Constipation 2. Hepatic encephalopathy 3. Colonoscopy preparation 4. Portal systemic shunt 5-safe in pregnancy and elderly	1- diabetic patient 2-Not be used for (CIC) But for rapid emptying of the intestines

Dosage form	dose
Oral solution	1og/15ml
packet	10g and 20g



OTHER LAXATIVE DRUGS

DRUGS THAT INDUCE CONSTIPATION

@dr.fathimashameen

MORPHINE
CODEINE
ATROPINE
TRIHEXIPHENIDYL
DICYCLOMINE
AMITRIPTYLINE
VERAPAMIL
LEVODOPA
EPHEDRINE
TERBUTALINE
CLOZAPINE
THIORIDAZINE
CHLORPROMAZINE
FUROSEMIDE
METHYLDOPA
CLONIDINE
PROPRANOLOL
DIPHENHYDRAMINE
ANTACIDS (ESPECIALLY CALCIUM AND ALUMINIUM-CONTAINING)
CALCIUM SUPPLEMENTS
IRON SUPPLEMENTS
LOPERAMIDE
ATTAPULGITE
PHENYTOIN
CLONAZEPAM
IBUPROFEN
ASPIRIN
OCTREOTIDE
POLYSTYRENE RESINS
CHOLESTYRAMINE
ORAL CONTRACEPTIVES
BARIUM

THE END